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10 Herbs for Smoothies

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If you drink smoothies as often as I do, then you know how important it is to switch things up to keep these healthy drinks interesting. That's why I love adding spices, herbs, and other fun smoothie boosters to my drinks. Not only does this add flavor, it

can also have added benefits. After writing a [16 Spices for Smoothies post](#), I knew I had to write one about herbs that you can add to smoothies. I've included some of my smoothie making tips! Enjoy – and let me know which herb is your favorite!

Here are 10 Herbs for Smoothies:

1. Rosemary

Even though rosemary is available year round, it reminds me of autumn. It smells like pine and pairs well with cold-weather foods (soups, stews, lamb). You might not think to add it to a smoothie, but it adds a lot of flavor and is high in antioxidants.

Make: [Raspberry Rosemary Smoothie](#)

2. Cilantro

Cilantro is a polarizing herb – you either love it or you hate it. Being Indian, I'm fairly used to adding cilantro to garnish just about every meal. In my opinion, cilantro has a bright, lemony flavor. It's also known for having antibacterial properties. Because of it's strong flavor, make sure to pair this herb with something sweet.

Make: [Pineapple Cilantro Smoothie](#)

3. Mint

Mint will make your breath minty fresh by keeping bad bacteria from growing in your mouth. I love all flavors of mint – if you can get your hands on chocolate mint though... oh, it's the best. This is the perfect herb to help cool you down.

Make: [Raspberry Lime Cooler](#)

4. Basil

Basil isn't just for pesto or Italian sauce. This herb is a little sweet and a little spicy, with notes of anise, mint and cloves. Like cilantro, basil is also known for its antibacterial properties and for helping with kidney detoxification.

Make: [Blackberry Basil Smoothie](#)

5. Parsley

Parsley is more than just a garnish. It has a peppery bite and is packed with vitamins and nutrients and minerals (vitamin A, C, and K as well as iron and calcium). Add some of this to your next green smoothie – just be sure to pair it with something sweet.

Make: [Parsley Berry Smoothie](#)

6. Thyme

A bit of thyme will add depth to a smoothie. This herb has a woody, slightly minty flavor and can help liven up a green smoothie. It's also good for you. Thyme contains thymol which has shown to have anti-fungal properties.

Make [Lemon Thyme Smoothie](#)

7. Dill

Dill adds a clean, fresh flavor to foods (cucumber, salmon, salads) and also to drinks. This is a fun herb to add for some variety to your smoothie routine. It's great in both sweet and savory smoothies.

Make: [Cucumber Dill Smoothie](#)

8. Oregano

When you're in the mood for a savory smoothie, grab some oregano and make a Bloody Mary or a homemade V-8.

Make: [Tomato Oregano Smoothie](#)

9. Lemongrass

If you like Thai food, chances are that you're already familiar with lemongrass. It's a key ingredient in Tom Yom soup. It has a spicy citrus flavor and tastes surprisingly good in smoothies.

Make [Banana Lemongrass Coconut Smoothie](#)

10. Fennel

Fennel is a vegetable, herb and a spice. The bulb is used as a vegetable, the fronds as an herb, and seeds as a spice. You can use the fronds in salads, side dishes, to flavor soups and fish – and also, in green smoothies. The fronds are more mild than the

seeds in flavor. I love the idea of pairing sweet fruit with the fronds.

Make: [*Pineapple & Fennel Frond Smoothie*](#)

Smoothie Making Tips:

- **Use whole spices:** freshly ground spices provide the most flavor. You can use a [microplane](#) or a [coffee grinder](#) to freshly grate or grind whole spices for maximum flavor.
- **Add a little fat:** adding some avocado, a spoonful of nut butter, or leftover coconut milk will help keep you full.
- **Freeze Fruit:** for a colder, smoother smoothie. Plus, this way you can use less ice which means a less diluted drink. Plus, it's a great way to use overripe fruit.

Enjoy making smoothies – let us know what combinations you try!

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About Ashley

Hi, I'm Ashley. Thanks for being here! I truly believe that food brings us closer together. Gather around a table with good food and good people, and you'll have the ingredients you need to create some happy memories. My hope is that you find recipes here that you can't wait to share with family and friends.

Meet Ashley

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Comments

Manthatisi[Reply](#)

December 12, 2022 at 4:07 am

Wow this was so helpful to me,Thanks a lot ❤️❤️❤️❤️

Ashley - My Heart Beets[Reply](#)

December 13, 2022 at 5:55 pm

So glad to hear that! 😊

Dorothy Vailes

June 8, 2018 at 3:28 pm

[Reply](#)

Wonderful Information That I Needed. Thank You.

My Heart Beets

June 8, 2018 at 8:59 pm

[Reply](#)

Glad to hear that 😊

Rose

May 27, 2015 at 9:22 pm

[Reply](#)

I am looking for your blueberry smoothie it has egg,coconut milk and blue berries that's all I remember.

Thanks,
Rose



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